

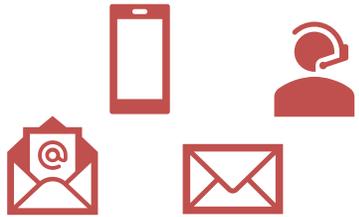


Solera Diabetes Prevention Program for Aetna Members

State Employees Benefits Committee Meeting
September 14, 2020



Member Experience Driven by Preferences



OUTREACH

Solera engagement includes email, text, direct mail, automated and live calls. A full toolkit of marketing collateral is available to launch quickly.



1-MINUTE QUIZ

An online quiz on solera4me.com lets members find out quickly if they qualify for the benefit. Members may also call a dedicated phone number for questions and support.



MATCH

Qualified members get matched to a program based on their preferences. On-line and in-person programs are available including WW® Weight Watchers reimaged.



PARTICIPATE

Members participate for 16 weekly sessions, followed by monthly maintenance for a full year of the benefit. After 4 weeks of active engagement, members receive a Fitbit® activity tracker*.

Member Directed 1-minute quiz

A HEALTHIER YOU STARTS HERE.

Ready to take the first step?

See if you qualify for a lifestyle change program and a Fitbit™ at no cost to you.

[TAKE THE 1-MINUTE QUIZ](#)



FIND YOUR MATCH

Choose the type of program that works for you.



ONLINE

Connect to classes with your computer, tablet or phone. Health coaches are online to support you.



IN YOUR NEIGHBORHOOD

Find local classes you can attend. Health coaches are in your neighborhood to support you.

MOST PROGRAMS INCLUDE THE FOLLOWING ELEMENTS:



Tools like a wireless scale or an activity tracker



A small group for support



Weekly lessons



Access to Personal Health Coach

SMALL CHANGES MAKE A BIG DIFFERENCE

Making modest changes to your diet and activity level can have a significant impact on your health. Just adjust 1% of your behavior. 10% rewards for a 20% change. 30% for a 30% change. The rate of development has been shown to decrease.



READY TO GET STARTED?

Take our 1-minute quiz to see if you qualify!

[TAKE THE 1-MINUTE QUIZ](#)



Questions? Call [877.688.0143](tel:877.688.0143) or email support@medtronic.com

Accessibility Project Underway [Read More](#)



Post Quiz: Qualify & Enroll

Based on your quiz answers...

You've qualified for a health and wellness program that may be covered by your insurance.

- Opportunity to participate in 16 weekly sessions
- Monthly sessions for the rest of the year
- Skills and support to make lasting healthy lifestyle changes

What's in it for me?

- Enrollment in a health and wellness program of your choice
- Tools like a Fitbit activity tracker
- Wireless scale (with online programs)
- More energy, improved sleep, less pressure on your knees and joints, and a better overall mood

 Take the next step

Your support team includes:



Health coach

+



Fitbit

+

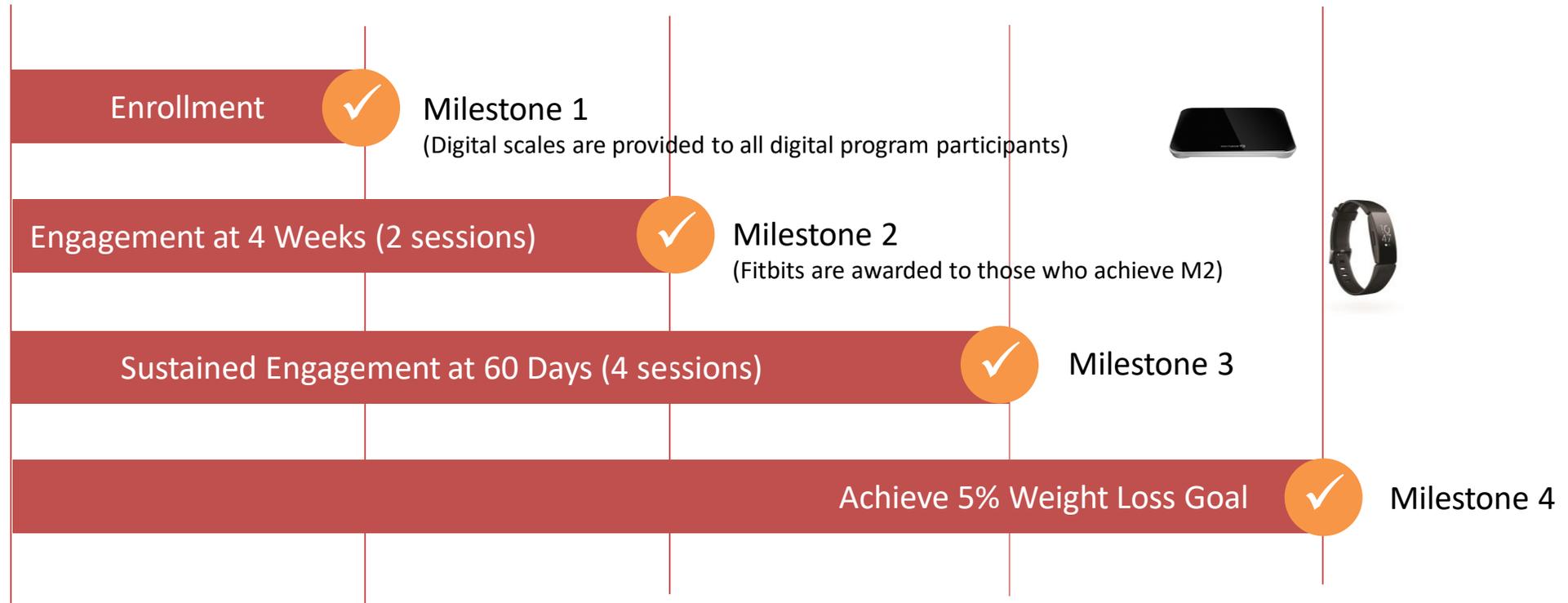


Group support

[Enroll now](#)

Program Milestones

Claims are filed at each milestone, which are activity and/or outcomes based.



Program Pricing



\$178.50 Per Milestone
Year 1 Avg. Cost/ Enrollee
= \$475 - \$525

Implementation & Timeline

- 12-16 Week Implementation
- Solera is an existing Aetna partner
- Implementation to start at State of Delaware's request

Health Benefit Parity

	Solera	Retrofit (DPP for Highmark Members)
Average Cost PMPY/Annually	\$475-525/Participant Annually 0.2% of Aetna population (Est. 63 members) \$29,925-\$33,075 Annually	\$705/Participant Annually 0.2% of Highmark population (191 member) \$134,655 Annually
Length of Program	52 weeks/1-Yr Ongoing support available in a year-2 with program completion	52 weeks/1-Yr
Curriculum	<ul style="list-style-type: none"> • CDC-approved • Lifestyle coach • Group Support 	<ul style="list-style-type: none"> • CDC-approved • Lifestyle Coach • Group Support
Classes	16 Weekly Meetings w/Monthly Follow-Up	16 Weekly Meetings w/Monthly Follow-Up

Health Benefit Parity

	Solera	Retrofit (DPP for Highmark Members)
Classes	Based on their preferences, participants are matched to a program (either online or in-person).	Video conference to meet lifestyle coach and the “community group” Classes are pre-recorded classes that can be taken anywhere at anytime during the week at your convenience
Engagement	Solera offers in-person and/or virtual options based on preferences and type of program chosen. Coaching, engagement, and communication varies based on the program chosen for the participant.	The first class is via video conference to personally meet the lifestyle coach. During the course of the program, participants have two virtual one-on-one sessions with their coach and unlimited private messaging.

Health Benefit Parity

	Solera	Retrofit (DPP for Highmark Members)
Technology	<ul style="list-style-type: none"> • Digital scale w/enrollment • Engage via a phone app, website, or in-person depending on program • Fitbit activity tracker after 4 weeks of active engagement 	<ul style="list-style-type: none"> • Digital scale w/enrollment • Engage via phone app to log pictures of meals, interact with the community group, and engage with lifestyle coach • Dashboard to easily visualize progress
Goals	<ul style="list-style-type: none"> • Lose at least 5% of body weight • Eat healthier • Increase physical activity • Manage stress 	<ul style="list-style-type: none"> • Lose at least 5% of body weight • Eat healthier • Increase physical activity • Manage stress

Health Benefit Parity

	Solera	Retrofit (DPP for Highmark Members)
Outreach	<ul style="list-style-type: none"> • Outreach campaigns via email, phone and direct mail through Solera and employer. • All employees are included in outreach • Eligibility is determined by the quiz results taken by the employee • Emails to Aetna members with email address on file • Direct mail to Aetna members those without an email address on file 	Highmark Members enroll in the program themselves through the member website or by calling Highmark customer service
Eligibility	Aetna members, 18 and over, who meet program eligibility criteria	Highmark Delaware members, 18 and over, who meet program eligibility criteria

Next Steps

- SEBC to vote on implementation of Solera DPP for Aetna members effective January 1, 2021

Questions



Phone: 1-800-489-8933

Email: benefits@delaware.gov

Website: de.gov/statewidebenefits